

KEEPING EACH OTHER MOTIVATED REALLY HELPS!



I am a Revenue Officer with the Michigan Department of Treasury - Sterling Heights Collection's Office. I wanted to let other state employees who have Blue Care Network (BCN) as their insurance carrier know that [BCN offers a weight loss](#) program. The program costs \$90.00 for six months. You speak with dietitians, counselors and exercise with trainers at their center. The program is through the Michigan Institute for Health Enhancement and, if you meet all the requirements at the end of the 6 months, you get your money back! **I entered the program on July 18, 2007, and as of 2/4/08 I have lost 53 pounds.**

Our office has often held mini 'Biggest Loser' contests where we pass around helpful hints to each other, which has kept all of us motivated to continue on our journey to a healthier lifestyle.

I had noticed my weight increasing, but really wasn't concerned until my husband told me that I would stop breathing several times a night! I began some sleep apnea assessments, and we determined if I lost weight the problem would probably correct itself and I could avoid needing to sleep with a machine attached to my face! My husband and I have seen a noticeable change in my sleeping habits since I have lost weight, no more episodes of not breathing.

Basically, I was given a diabetic diet to follow of roughly 1,500 calories. This was not too difficult for me, as my husband is diabetic and has heart problems, so I just eat what he does when I am home. The hard part is when I am not at home, but I have learned to order salads, rather than the ½ lb hamburger and fries! **Simple changes in the things you eat can make a difference.** Try baked chips instead of regular, try raw fresh vegetables or fruit instead of frozen or canned, use the spray butter instead of spread, etc. These small changes will make a difference.

I never really used the exercise program offered through the insurance company because of the hours it was available. *I have incorporated my own exercise program in which I include 1.5 lb weights that attach to my wrists, and I use an exercise ball with 2 lbs of sand in it. I purchased a treadmill and walk 3-4 times a week for 20 minutes at a pace of 2.5-3.0 miles per hour. And I also walk with a co-worker during lunch breaks 2-3 times per week.*



MY NEW MOTTO:
"EAT FRESH WHENEVER POSSIBLE — LESS FAT, LESS ME!"

The support and encouragement a person receives during this time, really, really helps to keep them motivated to continue and reach their goal. I am very thankful that I have had such a support system through my coworkers, family, and friends.

"BELIEVE ME, IF I CAN DO THIS, ANYONE CAN!"

Joan Wellhausen, Treasury